




# SBRC Gym Schedule

## August 31-September 9

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Open Gym 5:30-9:00	Open Gym 5:30-8:50	Open Gym 5:30-12:00	Open Gym 5:30-8:50	Open Gym 6:00-12:00		
6:00am							
6:30am							
7:00am							
7:30am							
8:00am							
8:30am	Boulder Lift 9:00-10:00	Drop-in Total Body Fitness 8:50-9:50		Drop-in Total Body Fitness 8:50-9:50		Drop-in Adult Basketball 8:00-11:00	
9:00am							
9:30am							
10:00am	Open Gym 10:00-12:00	Open Gym 9:50-11:30		Open Gym 9:50-11:30		Drop-In Women's Volleyball 9:30-12:00	
10:30am							
11:00am							
11:30am							
12:00pm	Drop-in Sprts Conditioning 12:00-1:00	Drop-in Adult Basketball 11:30-1:30	Drop-in Sprts Conditioning 12:00-1:00	Drop-in Adult Basketball 11:30-1:30	Drop-in Sprts Conditioning 12:00-1:00	Open Gym 12:00-2:00	
12:30pm							
1:00pm	Open Gym 1:00-8:00pm	Drop-in Pickleball 1:30-3:30	Adult Bball 1:00-2:30	Drop-in Pickleball 1:30-3:30	Open Gym 1:00-5:00	Youth Volleyball 12:00-1:30pm	
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm							
5:30pm							
6:00pm		Drop-In Senior V- ball 1:30- 3:30		Adult V-Ball 2:30- 4:00	Drop-In Senior V- ball 1:30- 3:30	Open Gym	
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							
9:30pm							

**GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME**

For more information call 303-441-3448 or go to <http://www.boulderparks-rec.org>